

August
1989

NYCC Bulletin

AUGUST · 1989



GUIDELINES FOR CLUB RIDES

NYCC rides are friendly group rides by individuals of similar riding abilities. Our leaders are volunteers. In addition to setting the pace and choosing the route, they may require or recommend specific equipment (helmets, locks, etc.) in their ride descriptions. Unless otherwise stated, rain (snow, sleet) at the starting time cancels the ride. Many rides meet at the Boathouse on Central Park's East Drive, north of 72nd Street.

Please be sure that your bike is in good working condition. Bring a pump, spare tube(s), patch kit, tire irons, water, pocket food, and medical I.D. Optional items include a lock, maps, bike permits for the commuter rail systems, and additional tools. Helmets are strongly recommended. Headphones are not.

Club rides generally approximate the speeds and characteristics listed below. You can assess your abilities by riding, at a comfortable pace, four laps around Central Park. The northern end of the park can be dangerous; ride with other cyclists or runners. Be sure to measure the time it takes you to complete the four laps, and not your average speed. In selecting your first club ride, be conservative. Choose an easier ride, and call the leader if you have any questions.

Ride Class	Average Speed (not incl. stops)	Cruising Speed (on flat terrain)	Ride Description	Central Park Self-classification Times (4 laps = 24.5 miles)
AA	17+ mph	22+ mph	Vigorous riding, frequently in pacelines. High regard for good riding style.	< 1 hr. 10 min.
A+	16 - 17	20 - 22		1:10 - 1:16
A	15 - 16	18.5 - 20		1:16 - 1:23
A-	14 - 15	17 - 18.5	Stops every two hours or so.	1:23 - 1:30
B+	13 - 14	16 - 17	Moderate to brisk riding, with more attention to scenery	1:30 - 1:38
B	12 - 13	15 - 16		1:38 - 1:48
B-	11 - 12	14 - 15	Stops every hour or two.	1:48 - 2:00
C+	10 - 11	13 - 14	Leisurely to moderate riding; destination oriented. Stops every half hour or so.	2:00 - 2:14
C	9 - 10	12 - 13		2:14 - 2:30
C-	8 - 9	11 - 12		> 2 hr. 30 min.

The BULLETIN is published 12 times a year by the New York Cycle Club, P.O. Box 120877, Brooklyn, NY 11202-0019, 212/242-3900, Christy Guzzetta, president. Editorial and art contributions: copy/art must be received by the first Tuesday in the month prior to publication. All written material must be typed. Call editor for article guidelines and/or advance approval, and for drawing specifications. Submission is contributor's warranty that material is in no way an infringement upon the rights of others and that the material may be published without additional approval. Enclose a SASE if you want your material returned. Classified ads and regular ads must also be submitted by the first Tuesday of the month prior to publication. Ad rates: Classified—two classified ads per member per year are free (6 lines, 25 characters each, maximum); after that, \$1.00 per 25 character line. Other ads - \$200, full page; \$125, half page; \$60, quarter page; \$30, eighth page.

Publication of material is determined by available space, which varies with the length of ride listings, and we cannot guarantee that all submissions will be published. The BULLETIN is mailed free to all NYCC members. Price of membership is \$12 per year for individuals, \$15 for couples residing at the same address and receiving one copy of the BULLETIN. If you do not receive your BULLETIN, contact the circulation manager.

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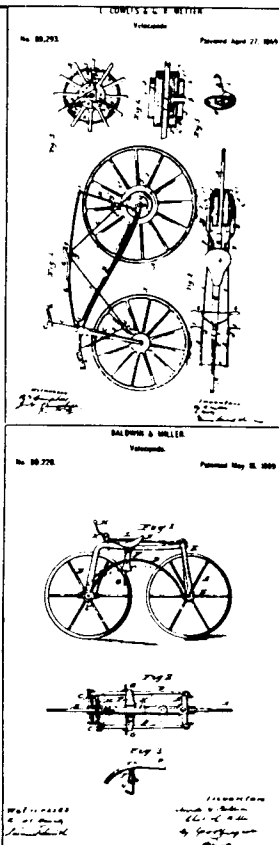
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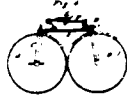


Cover: Eileen O'Neill
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RIDES THIS MONTH

- Tuesdays/ Thursdays**
6:00 a.m. **EARLY MORNING CENTRAL PARK RIDES.** Leaders: Steve Baron/Caryl Hudson (212-595-7010). Ah, Spring! Meet at Tavern on the Green for a friendly but strenuous paceline ride of 2 - 3 laps. We leave promptly at 6:00 till Daylight Savings Time moves us back to 6:15 for a while. If you're a little slow, we'll wait over the tops of two hills; if you're a bit fast, you can pull us. Bad weather or late nights may cancel.
- Weekdays**
B/B+ **WEEKDAY MORNING "B" RIDES.** Leader: Jeremy Herman (212-543-6472). My flexible work schedule gives me most mornings off. You too? Give me a call and we can get a few hours of "B" paced riding in before work.
- Sat. Aug. 5**
A/B/C **PRINCETON FREE WHEELERS' 9TH ANNUAL BICYCLING EVENT.** From Rider College, Lawrence Township, NJ. Six routes, 15-100 miles. Helmets required. Registration: \$7. The century starts at 7 a.m.; the 50-mile ride will go off at 8 a.m.; all other rides begin at 9 a.m. For forms, send SASE to Princeton Freewheelers, P.O.B. 1204, Princeton, NJ 08542-1204; or call 609-890-8259 in the evenings before 10:30 p.m. Registration before July 26 includes a T-shirt.
- Sat. Aug. 5**
8:00 a.m.
A-
100/85 or 70 **BEDFORD VILLAGE CENTURY OR ARMONK 85 OR GLENVILLE 70.** Leader: Marty Wolf (212-935-1460). From the Boathouse. Meet at the Boathouse for what may be a century - but will be shorter if it's a typically hot August day. Come prepared for a relatively fast (no stops) ride to Bedford Village - so bring pocket food. Any precip cancels. RAIN DATE POSSIBILITY: Sunday, August 6. Call if any questions.
- Sat. Aug. 5**
9:15/10 a.m.
B / 55-45 mi. **AUGUSTINE NYACK NINJAS.** Leader: Alex von Braun (212-757-7837). From the Boathouse at 9:15 a.m. OR 179th & Ft. Washington Ave. at 10:00 a.m. Single-minded and focused, we beeline it north to Nyack. We'll eat our hearts out, then lolly gaggle back to city life. 50% chance of rain cancels. High heat slows.
- Sat. Aug. 5**
9:30 a.m.
C+
45 +/- mi. **TALL-MAN SEEKS TALL-WOMAN.** Leader: Carlos Cardona (212-581-2858). From the Boathouse. Leisurely ride up Knickerbocker Road to Tallman Mountain State Park for picnicking and looking at the Hudson. After lunch, we'll do the bike path thing and return via lovely River Road. (So remember: either act like an adult or just look like one - and wear your helmet!). Only strong "C" riders please. Rain at start cancels.
- Sat. Aug. 5**
10:00 a.m.
C-/C / 30 mi. **GREAT NECK, L.I.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hillside Ave., Queens (last stop on the "F" train, not the "E" train). Carry your lunch or buy it at a deli stop on the way. We eat in a nice park. Rain cancels. Call John before 8:30 a.m. if the weather is questionable. RAIN DATE: Sun. Aug. 6.
- Sun. Aug. 6**
9:00 a.m.
A / 70 mi. **ROCKLAND LAKE.** Leader: Padraic Kennedy (718-729-1710). From the Boathouse. Another one of those rides up and around Rockland.
- Sun. Aug. 6**
9:15 a.m.
B / 55+/- **RIDE-SWIM-RUN.** Leader: Pete Panico (212-794-3684). From the Statue of Civic Virtue (E/F train to Union Turnpike stop). Ride to Point Lookout and return to Queens for a swim at Neponsit (Beach 129th Street) and a 2 mile optional run to Riis Park. Bring a towel, lock and 10 cents for the Atlantic Beach Bridge. Rain at start cancels.
- Sun. Aug. 6**
10:00 a.m.
B/B-/C+
50 +/- mi. **RIVER RAMBLE.** Leaders: Dick Goldberg (212-874-2008) & Dave Lutz (212-947-9145). From Palmer Square, Princeton, N.J. Dick and Dave's car top/bus belly ride through the Jersey countryside: farms, horses, history and a tow path. The 8 a.m. Suburban Transit bus from Port Authority will get you there. Phone them (212-868-7367) or us. 50% chance of rain at 7 a.m. cancels.
- Sun. Aug. 6**
8:45-9:45 a.m.
C/C+
35-50 mi. **LET'S GO FOR A SPIN.** Leaders: Christy Guzzetta (212-595-3674) & Debbie Schlesinger-Furman (201-692-9635). Meet at the Columbus Circle entrance to Central Park at 8:45 a.m.; at the Church on 179th St. and Ft. Washington Ave. at 9:30 a.m.; or the NJ side of the GWB at 9:45 a.m. Waterfalls?! Glacial Cliffs?! Lakes, rivers, mansions & horse farms?! No this is not a car-top. Join Christy & Deb for a ride in Bergen County. Enjoy the enchanting River Road and many of the beautiful small towns of northeastern New Jersey as we make our way to Harrington Park. Deli stop with a possible picnic lunch option (if we all can carry our lunch 1-2 miles). Excessive heat will shorten ride. 50% chance of rain cancels.
- Aug. 9-31**
TOUR
C+/B-/B **QUEBEC CITY-NEW YORK CITY.** Leader: Ken Weissman (212-222-5527). Eight and/or 17-20 day touring-paced ride. Eight day Quebec City/Montreal to Burlington (fly home) - 2-plus weeks continues home. Approx. 50-60 mile days. Stay at Inns and B&B's. About two days each in Quebec City, Montreal, through the Green Mountains, and down the mid-Hudson valley.
- Sat.-Sun.**
Aug. 12-13
A
275 miles **DELAWARE WATER GAP.** Leader: Maxim Vickers (h., 718-728-7179, w., 516-822-1760). A NYCC classic, now in eleventh year. Enjoy over 100 miles of the scenic Delaware River. Ride out over the Ramapos and the Kittatinny's Saturday, return via Washington's Crossing Sunday. Overnight in the Gap. (Leader must receive \$33-estimated overnight cost based on double occupancy, by the end of the August club meeting). Superb scenery, excellent fellowship, ample food. Group photo opportunities. Climbing bonus points possible. This ride has never been cancelled for any reason.
- Sat. Aug. 12**
8:00 a.m.
A-
~ 80 mi. **THE LONG ISLAND EAT & RUN.** Leader: Ed Fishkin (718-633-3038). From the Boathouse. We'll tool along the North Shore of Long Island and head towards Theodore Roosevelt's estate at Sagamore Hill (we'll stop if there's time). Next, it's a cruise south over the Island's spine and stopping at my parent's house for a barbeque. (They want to celebrate the new deck my brother built.) Then it's back to the Boathouse via the flat South Shore. Please call before 8/10 to let me know you're coming so I'll know how much food to get. Heavy snow, tornados, other celestial dampening conditions cancel.



- Sat. Aug. 12 **DIX HILLS.** Leader: Steve Antioian (718-651-3807). From the Statue of Civic Virtue (E/F train to Union Turnpike stop). 9:00 a.m. Let's find the hills in Dix Hills (there are some!) Picnic lunch if the weather is good. B/B+ / 70 +/- mi.
- Sat. Aug. 12 **VALHALLA.** Leader: Sandy Gold (212-222-4076). From 242nd St. & Van Cortlandt Park (last stop on #1 train). A pastoral ride over the bike path running along the Bronx River; up across the Kensico Dam to a pleasant deli/restaurant with outdoor seating. Return route will include some hills. Helmets please. Rain cancels. C/C+ / 40 mi.
- Sun. Aug. 13 **NEW YORK ACROSS THE HUDSON.** Leaders: Nelson Mora (212-281-2596); Philippe Chateau (212-547-4052) & Robert Colon (718-297-1609). From the Boathouse. A fast-paced ride (some portions will be at A+ pace). Destination possibilities include Rockland Lake or Stony Point. For more information, call Robert. Rain cancels. A / 70-90 mi. 
- Sun. Aug. 13 **SIG REGRESSIVE "A" RIDE.** Leader: John Ceceri (201-485-2615). From the Boathouse. Are you tired of: "A" rides that aren't fun? That don't go any place interesting? People pushing the pace? All the bike talk? Are you really a "C" rider trapped in an "A" rider's body? If so, then this ride is for you. We will ride at a leisurely pace to the Paterson Water Falls in N.J. where we will have a picnic lunch, hang out and walk around before returning home through Montclair and a few parks. We will even stop for ice cream. 9:00 a.m. -A 70 mi. WARNING: No bike talk will be allowed and all cyclo-computers will be confiscated before the ride.
- Sun. Aug. 13 **PICNIC AT THE DAM.** Leaders: Frank Rezac (212-595-8063) & Christy Guzzetta (212-595-3674). From Columbus Circle entrance to Central Park at 8:30 a.m. OR Woodland subway station (last stop IRT #4 line) at 9:45 a.m. A ride to Kensico Dam. We'll mosey along a pretty bike path complete with rivers and ducks. Then enjoy a 7 mile stretch of closed Bronx River Parkway. All on the way to a picnic at the base of the Kensico Dam. Won't we have fun. 8:30/9:45 am B 64/41 mi.
- Sun. Aug. 13 **BAGELS IN SYOSSET.** Leader: John Mulcare (718-672-5272). From the Burger King parking lot at 179th St. and Hillside Ave., Queens (last stop on the "F" train - NOT the "E" train). We'll be travelling over the Long Island roads most frequently used by the big wheels in the Club, but we won't let that faze us. Rain cancels. Call John before 8 a.m. if the weather is questionable. 9:00 a.m. C-/C / 44 mi.
- Sat. Aug. 19 **BASICALLY BABES, WE'RE BUILDING OUR BASE.** Leaders: Holly Gruskay (212-534-1156) & Franziska Rauch (718-278-6241). From the Boathouse. We breeze through Rockland to meet "The Babes" (see below) at Tallman for a bit. Bring basic (base) black bathing suit. Rain cancels. A/A- 75 +/- miles
- Sat. Aug. 19 **RIDE/SWIM/EAT.** Leaders: Lisa Norton (212-799-0147) & Janet Klutch (h., 212-724-8690, w., 212-420-2883). From the Boathouse. Brisk romp through New Jersey and Rockland to meet "The Babes" at Tallman Pool. One big hill. Bring a swimsuit! Snow/Acid rain cancels. 8:00 a.m. B+ / 65 mi.
- Sat. Aug. 19 **JOAN'S VARIATIONS ON A THEME BY GARVIE (GET THE POINT?)** Leaders: Joan Chanin (Days 212-826-0370, eves. 718-261-6476) & Charlie Morris (Days 914-667-5575, eves. 914-693-2580). From 179th St. and Hillside Ave. (last stop on the "F" train). 9:30 a.m. C Discovered: a new, lovely north shore, secluded lush picnic area on the Sound - just minutes from all those boring old standard parks. 45 mi. Rain cancels.
- Sat. Aug. 19 **CYCLE CIRCLE AROUND THE LADY, THE OTHER WAY AROUND.** Leader: John Mulcare (718-672-5272). From the Coliseum corner of B'dwy and 60th St.) at 9:00 a.m. OR at the GWB Bus Terminal (178th St. and Ft. Washington Ave. -- "A" train to 175th St. stop) at 9:40 a.m. Our friend Lou suggested this ride for a change, so we'll take him up on it. Carry your lunch or buy it at a store we'll find on our way to Liberty State Park. We'll return to civilization via Bayonne, Staten Island, and the ferry (25 cents). Rain cancels. Call John before 7:45 a.m. if the weather is questionable. RAIN DATE: Sunday, August 20. 9:00/9:40 a.m. C-/C 35/29 mi.
- Sun. Aug. 20 **ROCKLAND LAKE.** Leader: Karl Dittebrandt (212-477-1387). From the Boathouse. Take a ride up through Bergen and Rockland Counties. Lunch at Rockland Lake. Be prepared to carry lunch a mile or so. Rain; temp. over 100F at start cancels. 8:30 a.m. A/A- / 80+ mi.
- Sun. Aug. 20 **SEA BRIGHT BY NIGHT.** Leader: John Ceceri (201-485-2615). From Newark's Penn Station (take 2:30 a.m. PATH train from World Trade Center). We will ride under cover of night to Sea Bright where we will see the sun rise, have breakfast and lay on the beach before heading home. Lights required. Call leader if interested. 3:00 a.m. A/A- 120 mi.
- Sun. Aug. 20 **ROCKLAND LAKE PICNIC AND SWIM.** Leader: Larry Hobson (212-797-1227). From 178th St. and Ft. Washington Ave. It's the dog days of summer so let's cool off after a stimulating ride around Lake DeForest with a plunge into Rockland Lake. Bring a swimsuit and something to carry a lunch in and we'll dine alfresco. Moderate terrain and a reasonable pace. 50% chance of rain cancels. 9:30 a.m. B+ 65 +/- mi.
- Sun. Aug. 20 **RYE BEACH BALL.** Leader: Maggie Clarke (212-567-8272). From the "Dyckman Triangle"-- Dyckman, Riverside and Broadway (200 St. stop on "A" train). A perennial ride through the manicured lawns of the Westchester burbs to Glenville, CT - along the Byram River and down to Rye Playland. Bring your frisbees and swimsuits for a brief spree and then along the coast to Glen Island and back home along the N. Bronx Bikeway. 70% chance of rain cancels. 9:15 a.m. B- 55 mi.
- Sun. Aug. 20 **WONDERFUL, WESTCHESTER, WONDERLAND.** Leaders: Ed (Speedball) Fishkin (718-633-3038), Lance (Sprint) Leener (212-947-9392) & Alan (Father) Leener (718-797-0972). From the Boathouse. A beautiful ride to White Plains. Nice diner, nice trees, nice road - it will be just plain nice. Bring your Metro North pass just in case. Snow, hail, torrential rain, tornado warning cancels. 9:00 a.m. C 40+ mi.

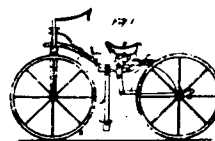
- Mon.-Thurs. Aug. 21-24 (Approx.)** **RAAM IS COMING TO NYC.** John Ceceri (201-485-2615) is captain of the final checkpoint of RAAM (New Jersey side of GWB) and needs volunteers. He needs help to man the checkpoint and to escort riders through the city (by bike or car) among other things. Also, if you could put up a rider and/or crew (part or full) let him know.
- Fri.-Sun. Aug. 25-27** **WOW! (WEEKEND ON WINNIPESAUKEE).** Leader: Paul Minkoff (Day 212-532-9000, Eve., 718-937-6171). Cycle the back-roads around Lake Winnie and Squam Lake. See the New Hampshire locales where On Golden Pond was filmed. Accommodation options include B&B's, inns or lakeside cabins (depending on your budget). Triathletes or cyclists with swimming and running teammates may be interested in the Graniteman Triathlon, August 26. Also, we may rendezvous with the Granite State Wheelmen in North Conway that weekend. Cycling may be strenuous. \$50 deposit needed by August meeting. Contact leader for more info.
- Sat. Aug. 26 7:30 a.m. A / 120 mi.** **PUTNAM PLEASURES.** Leader: Don Ketteler (212-645-0894). From the Boathouse. Here's your chance to do this ride, which was voted "Ride of the Year" last year. Barbeque at Mort's Croton-on-Hudson beanery after exploring the delights of Putnam County. Lots of scenery and hopefully new roads and adventures to be had.
- Sat. Aug. 26 9:00 a.m. B/B+ 55 mi.** **JOCKEY HOLLOW CAR TOP.** Leaders: Joan Mayer and Joe Vaccaro (212-799-0482). This ride takes us through some of the most scenic parts of Morris and Somerset Counties. We'll take a long lunch hour to allow time for swimming in Sunrise Lake (a \$3 fee), and touring Morristown National Historic Park where an 18th Century country fair will be staged. The ride also features the usual stuff - apple orchards, horse farms, dedicated bike paths, and a National Wildlife Refuge. Call for directions to the start. If you need a ride, we'll try to match you up with someone. **RAIN DATE:** Sunday, August 27.
- Sat. Aug. 26 10:00 a.m. C-/C 40 mi.** **TALLMAN MOUNTAIN RIDE AND SWIM.** Leader: John Mulcare (718-672-5272). From 178th St. and Ft. Washington Ave. GWB Bus Terminal ("A" train to 175th St. stop). Carry or buy your lunch at a deli we'll stop at on the way. Bring a lock towel, etc. for that urge to swim that might be overpowering. Rain cancels. Call John before 8:30 a.m. if the weather is questionable. **RAIN DATE:** Sunday, August 27.
- Sun. Aug. 27 7:30 a.m. A 51/102 mi.** **THE NUDE BEACH AT SANDY HOOK-THE SEARCH CONTINUES.** Leader: Christy Guzzetta (212-595-3674). From the Staten Island Ferry. As we go to press- the boat company has not received the necessary permits to sail on Sunday. Be prepared to ride 102 miles. If we're lucky, the boat company will be boating and we'll only bike to the beach - then sail on home (cost approx. \$15). If not - we ride 102 miles roundtrip. Whichever, the scenery at the beach is glorious and well worth the Goethals Bridge. The Staten Island Ferry leaves 7:30 a.m. sharp - not one minute later - don't be late. Non-beach weather cancels. Dress...optional.
- Sun. Aug. 27 9:30-9:45 a.m. B / 55+/- mi.** **WESTCHESTER SURPRISE.** Leaders: Marilyn Merlob (718-797-0972) & Arlene Ellner (212-677-3306). From Woodlawn Ave. (last stop on #4 train). This is a surprise (for the leaders too!). Easy, social and some hills. Call if doubtful of weather.
- Sun. Aug. 27 9:00 a.m. C+/B- 35/45 mi.** **NYC SKYLINE FROM EAGLE ROCK.** Leaders: Irv Weisman (h., 212-562-7298, w., 212-241-4783) & Maggie Clarke (212-567-8272). From the World Trade Center. Meet 9:00 a.m. at the PATH escalators. This "C+" paced ride is intended for "C" and "C+" riders who want to explore new territory and to determine their abilities on varying terrain - including some demanding hills. "B-" riders will enjoy it, too. Gear values less than 35 inches are needed. Newer riders with 10 or 12 speed "racing" bikes will find their equipment to be inadequate. Check your set-up with Irv. We'll ride west through Newark, north to Eagle Rock, and return via the GWB for a hilly ride, or via PATH for an easy ride. Two food stops.
- Fri.-Mon. Sept. 1-4 Class-Less** **PENN DUTCH HOLIDAY.** Leader: Martha Ramos (718-858-9142). Rolling hills and farm country make this a unique kind of Labor Day biking experience. Enjoy Amish culture and food. Cost is \$160.00 and includes hotel, registration fee, wine and cheese get together and departure luncheon. Cancellation fee of \$5 if leader is notified before August 18th. Make checks payable to Martha Ramos and mail to 75 Henry St., #23E, Brooklyn, NY 11201.
- Sat. Sept. 2 8:30 a.m. A- 70-80 mi.** **PEPSICO SCULPTURE GARDEN, PURCHASE, NY.** Leaders: Steve Baron & Caryl Hudson (212-595-7010). From the Boathouse. The NYCC proclaims September as Sculpture Month. Who says an "A-" ride can't include a little culture? Distance will depend on which devious route we choose to/from our destination. Possible antidote on return route at a motorcycle hangout in Valhalla. Packable footwear recommended for ambling through the garden paths in comfort. Rain, snow, sleet, hail or dark of night cancels. Fog, too.
- Sat. Sept. 2 B** **LEADERLESS "B" RIDE.** Looking for riding suggestions? Call Sara Flowers (718-544-9168) who will try to put you in touch with other riders.
- Sat. Sept. 2 10:00/10:45 C-/C 29/35 mi.** **DEMAREST DUCK POND.** Leader: John Mulcare (718-672-5272). From the Coliseum (S.W. corner of 60th St. and B'dwy) at 10:00 a.m. or at the GWB Bus Terminal, 178th St. and St. Nicholas Avenue at 10:45 a.m. Bring or buy lunch, but in any case, try to bring along some stale bread for the ducks - they love it. We'll practice overcoming the usual steep hills encountered when returning from most rides in New Jersey by tackling them in a few stages. Rain cancels. Call John before 9:00 a.m. if the weather is questionable. **RAIN DATE:** Sunday, September 3.
- Sun. Sept. 3 7:00 a.m. / A / 130-140 mi.** **LONG ISLAND.** Leader: Atilio Patino (212-777-8217). From the Boathouse. Call leader for details.
- Sun. Sept. 3** **LEADERLESS "B" RIDE.** See Sept. 2.
- Sun. Sept. 3** **ROCKAWAY BEACH RIDE AND SWIM.** Leader: Don Passantino (718-446-9025). From 75th St. & Roosevelt Ave., Queens ("E", "F" or #7 train to Jackson Heights/Roosevelt Ave.) We'll make a stop at the Jamaica Bay Wildlife Refuge, then stop at a deli (bring or buy your lunch). Of course, if you want to swim, you'll need a swim suit, towel, sandals?, and suntan lotion in addition to the usual water bottle or two. Rain cancels. Call Don before 9:00 a.m. if the weather is questionable. **RAIN DATE:** Monday, Sept. 4.



Mon. Sept. 4 **LEADERLESS "A" RIDE.** From the Boathouse at 9:00 a.m.

Mon. Sept. 4 **LEADERLESS "B" RIDE.** See Sept. 2.

Previews



Sept. 9-10 Jody Saylor (212-627-4863) and Christy Guzzetta (212-595-3674) are leading an overnight ride to the West Point/Storm King area. We'll meet 8 a.m. Saturday at the Boathouse and ride 75 miles north to the spectacular sculpture gardens at Storm King. We'll stay overnight at the Hotel Thayer on the grounds of West Point overlooking the Hudson River. Sunday, 90 beautiful miles home along the eastern side of the Hudson - plenty of bail-out points (via Metro North) along the way home. Cost of weekend: \$55 per person (based on double occupancy) and includes room, all you can eat dinner and all you can eat breakfast. Advanced sign-up required. Space is limited, first come, first served. Send check payable to Christy Guzzetta, 49 West 75th St., NY, NY 10023 ASAP.

Sept. 9 Bike to Beethoven. Leader: Paul Minkoff (Day 212-532-9000, Eve., 718-937-6171., Weekends, 516-466-2692). Class: A-/B/C+; Miles: 50+/50/28. A beautiful but hilly ride to the Planting Fields Arboretum, Long Island for the annual Beethoven Festival. If planning to use the LIRR, obtain pass in advance (for sale at AYH). Group discount for the concerts is available, please call leader well in advance for price information. Joint NYCC/AMC/LIBC. Additional information in September bulletin.

Sept. 16-17 A weekend in Vermont. Leader: Don Ketteler (212-645-0894). Class: A. Stay tuned for details!

Sept. 16-17 Boston Weekend. Leaders: Larry Hobson (212-795-1227) & Lisa Norton (212-799-0147). Class: B/A; Miles: 225+. Ride from New York to Boston with Lisa and Larry. We'll take the traditional club route: Out L.I. to Orient Point, then the ferry across to New London, CT, where we'll spend Sat. night. On Sunday, we'll continue on to Boston where we'll catch the air shuttle back to LaGuardia. This is a beautiful, but moderately hilly ride and, since the days will be shorter in Sept., participants should be able to complete a century ride at a steady "B" pace or better. Approximate cost, including motel, food and airfare for yourself and your bike: \$225.

Sept. 17 Leader: Christy Guzzetta (212-595-3674). If you've never before led a "B" ride and would like to try co-leading one today with the leader - call him prior to Tuesday, Aug. 8th so we can get it listed in September's bulletin.

Sept. 22-24 Tour de Tick. Leader: Paul Minkoff (Day 212-532-9000, Eve., 718-937-6171). Stay in Old Lyme, CT. Cycling to and around Mystic Harbor, CT. Cycling options from 40 to 90 miles. \$50 deposit needed by September meeting. Upscale accommodations and fantastic food.

Sept. 30 A Ride With a View. Leaders: Joe Furman (201-692-9635 ("A+"); Donna Slattery (718-680-0664 ("A") & Brian McCaffrey (718-634-1742 ("B+"). Car-top ride starting in Princeton going through Bucks, Mercer & Hunterdon counties. 55/65 miles. Have also invited the members of the Richmond (Virginia) Area Bicycling Association. Additional information in September bulletin.

Oct. 1 Bedford Revisited. Leader: Maxim Vickers (718-728-7179). Class: A; Miles: 90. Annual foliage preview/disturbance of peace in the Hickory kingdom and points North.

Oct. 6-9 Catskill Colors. Leader: Martha Ramos (718-858-9142). Class-Less. Call for details. Please note: this year Columbus Day falls on Yom Kippur.

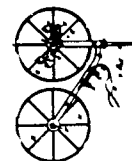
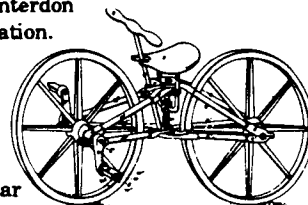
Oct. 8 Ridgefield Fall Foliage Century. Leader: Maxim Vickers (718-728-7179). Class: A; Miles 110. The revival of a classic under new management.

Oct. 15 New Paltz Extravaganza Version III-The Reservoir to Reservoir Ride. Leaders: Franziska Rauch (718-278-6241) & John G. Waffenschmidt (718-476-0888). Class: A; Miles: 85. An adventure - coming in the October bulletin.

Oct. 22 Dingman's Ferry - Colourfest. Leaders: Joe Furman (201-692-9635) ("A"); Brian McCaffrey (718-634-1742) ("B+"); Loraine Gruber (212-989-5915) ("B") & Ken Weissman (212-222-5527) ("C+"). Car-top ride to view the fall foliage of the Delaware Water Gap Recreation Area. 60, 50 or 30 miles. Details in September bulletin.

Fri.-Sun. Dingman's Ferry-Colourfest Weekend. Leader: Joe Furman (201-692-9635). Overnight stay in Hope, NJ. Cycle, canoe and hike options for Saturday. Meet other club members on Sunday for the above-listed ride. The number of rooms are limited so reserve early. Additional details in September bulletin.

Oct. 29 Ye Merrie Leaves of Glen Cove. Leader: Maxim Vickers (718-728-7179). Class: A; Miles: 90. Seventh straight year of choice North Shore foliage and mansionry galore.



EXPECTED TIMES OF ARRIVAL LOG FOR RAAM'89

NOTE: These times were based on the lead man, lead woman, and last rider's speed in past RAAM races over similar parts of America. Temperatures and wind direction could alter these ETAs. (Times rounded off to the nearest hour). ALL TIMES IN EASTERN TIME: Race will begin at 3PM (eastern time) Aug. 13th. HPV RAAM will begin at 3PM (eastern time) on Aug. 19th.

	LEAD MAN	LEAD WOMAN	LAST RIDER	HPV LEADER
START:	8/13-3PM	8/13-3PM	8/13-3PM	8/19-3PM
CA/AZ BORDER	8/14-6AM	8/14-9AM	8/14-12NOON	8/20-4AM
AZ/NM BORDER	8/15-4AM	8/15-12NOON	8/15-8PM	8/20-10PM
NM/TX BORDER	8/16-3AM	8/16-4PM	8/17-6AM	8/21-6PM
TX/OK BORDER	8/16-9AM	8/16-11PM	8/17-2PM	8/21-11PM
OK/KS BORDER	8/16-1PM	8/17-4AM	8/17-8PM	8/22-2AM
KS/MO BORDER	8/17-3PM	8/18-11AM	8/19-9AM	8/22-9PM
MO/IL BORDER	8/18-11AM	8/19-11AM	8/20-2PM	8/23-12NOON
IL/IN BORDER	8/18-10PM	8/20-12MID	8/21-6AM	8/23-8PM
IN/OH BORDER	8/19-9AM	8/20-1PM	8/21-10PM	8/24-4AM
OH/WV BORDER	8/20-12MID	8/21-7AM	8/22-8PM	8/24-3PM
MD/PA BORDER	8/21-12MID	8/22-1PM	8/24-9AM	8/25-5AM
PA/NJ BORDER	8/21-11AM	8/23-2AM	8/25-1AM	8/25-11AM
NJ/NY BORDER	8/21-5PM	8/23-9AM	8/25-9AM	8/25-3PM

ULTRAMARATHON CYCLING

Jeff Vogel

So, you're going to ride all night, huh? The most important thing to do is to get a good night's sleep the night before, right? Wrong! Well, it is important, but it is very difficult to accomplish. Being nervous and tossing and turning all night is normal. Most people don't need an alarm clock to wake up for an important event. I have found that the best way to relax and sleep before a ride is to downplay the event and think of other events in the future that are more important. So, if you're doing a Paris-Brest-Paris qualifier, think of it as just another ride; PBP is what's important. If you're doing PBP, think of that as just another ride. RAAM is what's important. Or, think of all the other things in life that are more important - starting a new job, getting married, getting divorced - you get the idea. Now get some sleep.

Just as important as the night before the event, is the night before that. While there is much debate on the issue of which night is the most important one on which to get a good night's sleep, there is no doubt that the better rested you are, the better you will do.

One method that people have tried but have not had much success with, is acclimating the body to waking up at the starting time of the upcoming event, for a number of days before the event. The problem with this is that it takes the mind and body a week or two to adjust to a new schedule. If you do this right it will disrupt your life. If you don't do it long enough in advance, you will just be tired in the event, right from the start.

The biggest problem with riding at night is proper nutrition. First of all, assuming you are unsupported, it's difficult to find food at night so you tend to eat larger meals. This leads to an immediate increase in your blood sugar level with a subsequent decrease a half hour to an hour later. The solution to this is to use a liquid diet. This will keep your metabolism at an even level all night. My preference is Ultra Energy, but you should experiment with the others, such as Exceed, Carboplex and Body Fuel, to see which works best for you. I prefer to use a liquid diet exclusively on any event of 24 hours or more. However, you will still get the benefits of an even metabolism as long as you switch from solid food to a liquid diet by late afternoon, and continue on a liquid diet at least until mid-morning. It is extremely important to remember, though, not to eat any solid food during this period.

On the subject of nutrition, people have asked about stimulants. While I would never recommend anything illegal, caffeine does have its merits. First, in order for caffeine to be effective, you must reduce your tolerance to caffeine. This means not drinking caffeinated coffee for six to eight weeks before your event. Second, you must have a steady source of caffeine available when you're riding, or

you'll be very tired when the first cup of coffee wears off. The solution: It's not pouring coffee into your water bottles, but rather it's a product called Caffedrine. Caffedrine is time-released caffeine capsules which, if the accompanying directions are followed precisely, are as safe as coffee. However, I would not recommend the use of caffeine at all on rides longer than 40 hours. You will build up a tolerance, and the cumulative side effects may hinder your performance.

Proper pacing and riding style can also help you stay awake at night. I have found that it is best to conserve energy during the late afternoon and early evening. Then, during the middle of the night, you should pick up the pace slightly. I can't imagine anyone falling asleep with his heart beating at 130 to 150 beats per minute. This is not to say you should be hammering all night, but everyone knows when he has crossed the line from just piddling around, to really working. You want to keep your energy expenditure just over that line, to where you know you're working.

Another reason for feeling tired and falling asleep while riding is the lack of visual and mental stimulation. On a dark course the only thing you can see is the small spot on the road where your headlight is shining. If you're riding alone it only compounds the problem as there is no mental stimulation at all. The easiest solution is to find someone to ride with, and keep talking. Arguing is even better. Any type of mental game - word association, for example - will help keep you alert.

An even better solution is to have a crew following you in a car or van. First of all, their lights will illuminate much more of the road and allow some visual stimulation. Second, if you know someone who is mechanically inclined, you can hook up an outside sound system whereby your crew can talk to you while you ride. If your crew is well-rested, they should be able to maintain sufficient interest in the conversation, to keep you awake. Playing mnemonic games, by the way, works amazingly well.

If you don't have a sophisticated sound system, attaching a radio/tape player to the roof will work perfectly well. Just crank up the volume and make sure you're playing something with a driving beat. Barry Manilow just doesn't cut it.

My crew never wants to hear the Talking Heads again. They played a number of different tapes, but every time I started to nod off they would stick on a Talking Heads tape and I would be fine for awhile.

One last thing to avoid is daydreaming. You must maintain your concentration. Soon after you start daydreaming you'll wind up in a true dream state and then you'll wind up in a ditch.

NYCC RIDERS IN THE NEWS: Carl MacDonald and Jim Greene both went up to Boston and completed a 600km qualifier for BMB. In fact, Jim set a course record of 33 hours. On July 8th and 9th Ron Grossman, Karl Dittebrandt, Alan Leener and Lance Leener completed the 600 km qualifier on a course that crisscrossed the Catskills and included 11 climbs of between one-and-a-half and eight miles.

NO-TECH TIPS

Bob Moulder

When I returned to cycling two-and-a-half years ago after an eight-year hiatus, indexed shifting derailleurs were just beginning to gain acceptance. When a friend of mine bought a Shimano 105-equipped Centurion, I was amused by the cute little clicks and the way the chain fell right in line with the chosen cog with no grinding, skipping or chattering. I thought at the time that this would never catch on among serious cyclists, but I began to notice that the thing never misses! Very shortly thereafter I bought a 105 rear derailleur, which is still in use on the rear end of my Vitus, and recently replaced the six-speed shifters with the new 105 seven-speed shifters. What with SIS, Accushift, Synchron and ARIS, well, the rest is marketing history.

But there is one little problem with these indexed shifting systems: The shift cable tension must be perfect, or at least, very nearly so. Because correct tensioning of the cable is so critical, the rear derailleurs of indexed systems have barrel adjusters which allow cable tension to be increased/decreased in very small increments. (In actuality, the barrel adjuster effectively lengthens/shortens the rear cable housing, not the cable itself.)

Once the High/Low limit screws are adjusted properly, per last month's column, the cable tension problem can be addressed.

The barrel adjuster is located at the very end of the rear cable housing, where it screws into the derailleur body itself. Turning the barrel adjuster clockwise effectively lengthens the cable, allowing the derailleur to move toward a smaller cog, while a counterclockwise turn "shortens" the cable, pulling the derailleur toward a larger cog.

Most maladjusted indexed derailleurs I've seen need only a small amount of adjustment to correct the problem. These slightly out-of-adjustment derailleurs usually exhibit a subtle grinding sound and/or occasional "dirty" shifts. Here's how to make a minor adjustment:

Shift to the third or fourth cog, then look at the bike directly from the rear, closely observing the relationship between the freewheel cog, the top jockey wheel of the derailleur, and the chain. They should be in direct alignment. If they aren't, turn the barrel adjuster clockwise or counterclockwise until they are. If you get back on the bike, ride a bit, and it still doesn't seem just right, hop off and make another tiny adjustment. Remember as you turn the barrel adjuster that a clockwise turn moves the derailleur toward a smaller cog, a counterclockwise turn moves it toward a larger cog. Obviously, if when you ride again it seems worse, you need to make adjustments the opposite way. Be patient. Make small (one-half turn) adjustments.

If your system seems to be way out of whack, with clicks of the shifter not matching the corresponding cogs on the freewheel, or if you're installing a new shift cable,

start from scratch by following these steps:

(1) Shift the chain to the big chainring up front, then to the second smallest cog on the rear.

(2) STOP ALL MOVING PARTS. THIS IS ESSENTIAL.

(3) Loosen the bolt or clamp which secures the end of the shift cable to the derailleur body.

(4) WITHOUT MOVING ANY OTHER PARTS, move the rear shift lever all the way forward, to the first cog position.

(5) Turn the barrel adjuster clockwise, by hand, as far as it will go. Then turn it counterclockwise, three turns.

(6) Again, WITHOUT MOVING ANY OTHER PARTS, and with the chain still on the second cog, BY HAND, pull the cable taut and tighten the bolt or clamp which holds it in place. (DO NOT pull the cable taut with pliers or any other tool.)

(7) Now turn the cranks. If all has gone well, the chain will drop to the first cog and, if the above steps were scrupulously followed, the shift lever will be in the first cog position. If the chain doesn't drop to the first cog when the cranks are turned, you have pulled the cable too tightly in Step (6), and it needs to be loosened just a wee bit.

(8) To complete the job, shift to the third or fourth cog and fine-tune the adjustment as described above for systems which are slightly maladjusted. In nearly all cases, the barrel adjuster will need a couple of counterclockwise turns.

If all seems to be in alignment, but your system still isn't shifting properly, these are the usual suspects:

a. Worn chain/cogs. (Solution obvious. In his book, Greg LeMond suggests replacing chainrings as well. He probably hasn't priced them lately.)

b. Mismatched parts. (Sometimes interchangeable, on a case-by-case basis.)

c. Incorrectly sized spacers between the freewheel cogs. (Some plastic spacers can actually get squashed if the threaded small cog is too tight.)

d. Frame flex. (Frequently blamed, rarely the cause.)

e. Chain too long. (Sometimes a cause, usually overlooked.)

f. Frame/dropout misalignment. (Crashed lately?)

There are many other, less common, problems leading to poor shifting, and I probably have failed to mention a couple of other common ones, but these are all I can think of at the moment.

If you have a tip, complaint, request or suggestion, contact me at club meetings or call me at 212/682-5669. I'll be happy to get your idea published in the BULLETIN, with attribution.

Next month... THE SEVEN DWARFS



CLAY HEYDORN, WE MISS YOU.

- Anonymous submission
to BULLETIN

NEW MEMBERS

ALSTER, Henri	160 E. 65th St. #21B	N.Y.	10021 212-734-3137
ANTONUCCI, Irene	105 E. 15th St. #5f	N.Y.	10003 212-475-6133
BECK, Janis			
BENNETT, Deborah	360 W. 55th St. #2C	N.Y.	10019 212-265-9508
CATASUS, Al	1626 Hendrickson St	B'klyn	11234 718-336-9046
CATASUS, Marilyn	1626 Hendrickson St	B'klyn	11234 718-336-9046
CHILLINGTON, F.	148 Vine Rd.	Stamford, Ct.	06905 203-322-8037
COOPER, David	245 E. 25th St. #6J	N.Y.	10010 212-676-4711
ELKIND, Susan	328 W. 86th St. #6B	N.Y.	10024 212-789-9023
FAUCHER, Philip	120 Charles St. #1R	N.Y.	10014 212-827-1944
FRIEDMAN, David			
G. N. ENG, Robyn	141 E. 88th St. #101	N.Y.	10128 212-534-8682
GUMEZ, Francisco	9101 Shore Rd. #626	B'klyn	11209 718-748-3016
HELDING, E.M.	750 Columbus Ave. #125	N.Y.	10025 212-666-7546
HELMS, Terry			
HITCHCOCK, Laura	140 North 7th St.	B'klyn	11211 718-983-4637
JUDA, M. Beth	239 W. 11st St. #4B	N.Y.	10011 212-891-8756
KAPLAN, Gec Carl	18 W. 16th St.	N.Y.	10011 212-988-0883
KATLOVE, Susan	1835 Eastchester Rd. #1E	Bronx	10461 212-931-0407
KIPP, Susan			
KIRSONIS, Rita	239 W. 21st St. #4B	N.Y.	10011 212-881-8756
LEVINE, Margaret	186 E. 61st St.	N.Y.	10021 212-750-9395
LOSCALZO, Jean	85-55 115th St. #A2	Richmond Hill	11418 718-847-1813
MOLHO, Allan	290 W. 11th St. #4D	N.Y.	10014 212-924-4690
ORCHANT, Craig	328 W. 86th St. #8B	N.Y.	10024 212-769-9023
PERLMUTTER, M.	217 E. 83rd St.	N.Y.	10028 212-249-9232
RAYMON, Johanna	108 Woodside Green #2A	Stamford, Ct.	06905 203-357-1215
RICCI, Bruce	295 Washington Ave.	B'klyn	11205 718-857-0040
SERAN, Teresa	303 E. 57th St. #6K	N.Y.	10022 212-688-9367
STASS, Helen	2137 Croysey Ave. #3B	B'klyn	11214 718-449-1797
STEPHAN, Jay	37 Nagle Ave. #4B	N.Y.	10040 212-942-5366
STEVENSON, M.	380 W. 36th St. #3NW	N.Y.	10018 212-594-5410
TUTTLE, Kris W.	165 Christopher St.	N.Y.	10014 212-255-8559
VISCOOUNT, Robert	420 Vanderbilt Ave.	B'klyn	11238 718-783-4117
WARSHAM, Bill	52 Old Corner Rd.	Bedford	10506
WARSHAM, Holly	62 Old Corner rd	Bedford	10506
WEINTRAUB, G.	125 W. 16th St. #141	N.Y.	10011 212-255-5677
ZANE, Andrew	62-60 99th St. #202	Rego Park	11374 718-439-1078

CHANGE OF ADDRESS

GELOBTER, Lee	44-D Essex Court	Royal Palm Beach Fla	33411 407-790-4521
LAMONTE, Anthony	Box 1158 Gracie Sta.	N.Y.	10028 212-249-8275
RASHISH, Alisa	200 East 16th St. #15K	N.Y.	10003 212-420-0765
SANTOS, Jud	147 W. 78th St. #1B	N.Y.	10024 212-873-7270
VENIZELOS, Steve	36 School St.	Leominster Mass	01453

CLASSIFIEDS

FOR SALE: tubular wheelset. Classic Campy Record hubs, standard-6, ultra-7, GP-4 rims, good condition, plus 6 spare tires. \$75.

Clincher wheelset. Dura-Ace hubs like new, no skewers, G-40 rims, dead true, plus 6 spare tires, plus 2 6-speed freewheels (13x19, 13x24), plus several extra cogs. \$85.

52 cm Univega Viva-Sport frame, tri-butted CroMoly, excellent condition. \$40.

- Bob Moulder
212/682-5669

FOR SALE: silver Vitus frameset, 54 cm center to center, including Shimano 600 headset. Used only 1-1/2 months. Never raced, never crashed. Like new. \$375.

Size 9 Look shoes. Very good condition. Barely used (too large). \$50.

- Bill White
212/243-1780 (days)

FOR SALE: 1987 Trek 720 Grand Tourer 21". Reynolds 531 throughout, Matrix rims, Huret Duopar Titanium rear derailleur, triple crank (18-speed), Shimano cantilever brakes. Extra rear wheel and freewheel included. Excellent condition, \$550.

- Ed Fishkin
718/633-3038

FOR SALE: 22" Zebrakeno Touring Bike, 1987. Black, triple-crank 28/40/50, 27" Mavic Ma-40 rims, Suntour Superbe hubs. Bar-end shifters, upgraded derailleurs and brake levers. Recently overhauled eyelets for a rack and fenders. Matching fenders included. \$229.95.

- Eileen O'Neill
212/697-2525 (w)
212/819-0435 (h)

HOTSHOTZ seeks more of same. Coed volleyball team seeks two committed intermediate M/F players for fall league. Must be able to spike and/or set, and drink beer after games. For information call:

- Holly Gruskay
212/534-1156
- Art Allgauer
718/267-0817

FOR SALE: Pinarello Treviso. Brand-new 56 cm Columbus SL frame. Most components are brand-new. 75% Campy equipped. Deep blue. Clinchers. \$1,000.

- Joe Furman
201/692-9635

FOR SALE: men's 10-spwvs Atala, handmade by Cesare Riaztao & Co., Padova, Italy. Very light, silver, toe clips, Suntour, Weinman and other top components. Has everything. Just ride - \$140.

- Sandy
718/951-8917

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QUICK RELEASES

Janet Kronstadt

This month's column is being written from the perspective of one who has been somewhat out of touch with actual cycling - having spent the past month in a hospital bed following a bad fall during a race. I am so glad to report that recovery is complete and that "actual cycling" will be resumed very soon. I'm also glad to report that I never was out of touch with what was happening in NYCC - thanks to the incredible response of club members to my accident: I received countless cards, phonecalls and visits from you people, and NYCC was never far from my heart or mind. Thanks! For being so great, for speeding my recovery, for showing me, once again, what a great club this is, and for keeping me up on riding news and general gossip so I could write this column.

Also deserving of warm thanks is Larry Hobson who, taking over voluntarily in my absence, got the BULLETIN out to you last month, and on time.

On July 4, Caryl Hudson and Steve Baron - Steve despite an iffy ankle injury - competed in the mighty and grueling Liberty to Liberty Biathlon, which had as one destination point the Liberty Bell in Philadelphia. Not only did they compete, but both won for their age groups, and Caryl would have won for her age group even had she been in her early 20s, so good was her time.

Boston-Montreal-Boston qualifiers have been going out under the expert guidance of Jeff Vogel who actually drove a support vehicle in the 600k event. This ride, which involved

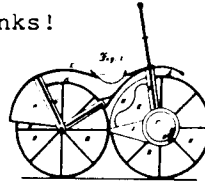
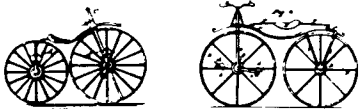
a steady dose of mountain climbing, was participated in by numbers of NYCC members who did it for pleasure rather than to qualify for BMB - including the father-son team of Lance and Alan Leener who left many riders behind. Also on the BMB front: Jim Greene did his 600k qualifier in Boston where he set a course record. See Jeff Vogel's column in this issue for more on BMB, ultramarathon cycling, and on staying awake at night (on purpose: to ride).

The SIG series came to an exhilarating conclusion with the graduation ride receiving expert assistance from guest coleader, Alex Bekkerman, who set a fast, steady pace which all enjoyed and succeeded in keeping. SIG member Judy Cohen designed beautiful SIG graduation teeshirts, featuring a gigantic "A." The shirts, given to all SIG riders, were well deserved Christy assures us.

Lyn Dominguez went off to ride in South Williamstown, MA at 7 a.m. one July morning, and was delighted to find few cars. A large black dog on a nearby lawn caused Lyn some concern, but at least it didn't chase or bark - probably because, as she learned later, it was a bear. A motorist explained that the area has been plagued by these scavengers lately, and Lyn is only glad that the one she saw wasn't hungry - at least not hungry enough to eat a cyclist.

Please keep calling in items you'd like to have mentioned in future "Quick Releases" columns -

Thanks!



MINUTES

NEW YORK CYCLE CLUB BOARD MEETING, 6 JUNE 1989, O'HARA'S RESTAURANT

Present: Christy Guzzetta, Holly Gray, Debbie Bell, Simone Smith, Brian McCaffrey, Janet Kronstadt, Richard Rosenthal, Beth Herman, Ken Weissman, Hannah Holland, Arlene Ellner.

Absent: Martha Ramos.

May minutes approved.

Roberta Pollock's move to California will be marked by presentation of a cake and a signed club jersey at the June meeting, and a cookout on 25 June at Brian McCaffrey's home.

Richard previewed the July meeting program. He asked for a volunteer to lead the August meeting program in his absence.

Ken thanked board members for helping to recruit C-Ride leaders.

Hannah reported 186 requests for informational membership BULLETINS. Discussion followed on whether to send an abridged edition of the BULLETIN or full-sized BULLETINS.

It was decided to continue to send full BULLETINS to informational members.

Discussion over size/weight of BULLETIN: Should we pay \$.20 additional postage per copy if weight is over one ounce, or should we reduce the number of pages? Janet will work with Ken to reduce size of print in order to save space, rather than having to reduce number of pages.

Beth asked for assistance in finding A-Ride leaders, and in locating 70/80 mile route maps.

Christy announced the date of the July board meeting would be changed from the 4th to the 6th.

Meeting adjourned at 8:45 p.m.

Respectfully submitted,

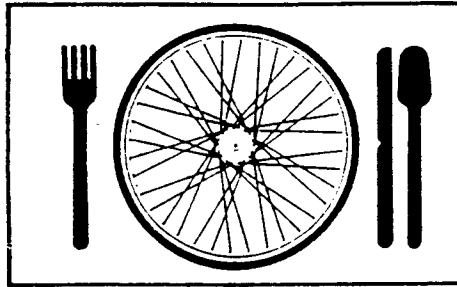
Arlene Ellner

MONTHLY CLUB MEETING

(Open to all members and non-members.)

NEW YORK CYCLE CLUB
Tuesday, August 8

6:00P Drinks
7:00 Dinner
8:00 Announcements
8:30 Program



O'HARA'S/120 Cedar St.
(1 minute walk south of
the World Trade Center.)

Meat, fish, chicken...\$11.00
Vegetarian.....\$ 8.50

\$2 surcharge for food tickets
not purchased by 7:00. Non-
diners are seated separately.

TITANIUM (& OTHER STATE-OF-THE-ART) BICYCLE FRAMES

*A show & tell by Tom Kellogg,
one of America's greatest framebuilders
and the preeminent builder of Titanium frames.*

Tom builds under the name of Spectrum cycles. Until you've seen his handwork, you don't know what pure artisanship is. If you've seen the cover of Glenn's New Complete Bicycle Manual you've seen Tom's 18 karat fork. A few years back Bicycle Guide pictured his "Miami Vice" tandem on a cover.

He's driving up from Smiltown, PA to talk to us.

The only thing I'd rather do than hear him today is bike in the Alps...which is why Mike Toomey will fill in for me as host. RR

Our private dining room is one flight up from the bar. If you bring your bike you can bring it indoors and leave it on the fourth floor, in which case use the elevator to the right of the main entrance
And remember: locks are never out of fashion.

PRESIDENT'S MESSAGE

Christy Guzzetta

Mark your calendar: Tuesday, August 22, 6:30 p.m. at O'Hara's. It's a very special New York Cycle Club gathering.

Ever wonder about the mechanics of making our club work? How you get your BULLETIN each and every month? How it gets full of ride listings, appropriate for the many different cycling levels represented among us? Where our programs come from, our routes, how we manage our finances? Ever wonder what the elected officers of the New York Cycle Club do?

Questions of this sort tend to pop up this time of year as our annual elections approach. During our September membership meeting, we will begin accepting nominations for each office. These initial nominations will be finalized at the October membership meeting. Then, the ballot appears in the November BULLETIN... and we vote.

Maybe you're curious about how this club works, what makes it tick: Come to the meeting. Maybe you've fantasized about running for an office: Come to the meeting. Maybe you just want to hang out with cyclists: Come to the meeting. Let me know you're coming - just leave a message on my telephone machine (212/595-3674), so that arrangements can be made at O'Hara's.

Join us for some of the finest
cycling in the Northeast!

Breakaway Vacations

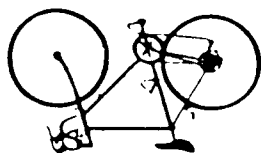
(212) 722-4221

Safety tip of the month:

RIDE WITHIN YOUR LIMITS

When we are overly tired we endanger ourselves and others. Judgment becomes impaired as well as performance. Poor training, dehydration, inappropriate gearing, too long a distance, overly aggressive riding can deprive us of the alertness to see danger, the readiness to react and the sheer physical ability to perform. Be kind to ourselves and others: know your limits.

First Class



176-177
ARLENE BRIMER MAILING
CHRIS MAILING
110-30 MYRTLE AVE
RICHMOND HILL, NY 11418

The New York Cycle Club
Hannah Holland
211 W. 106 St. BC
N.Y., N.Y. 10025



New York Cycle Club

Membership Application

New York Cycle Club

I know that bicycling is a potentially hazardous activity. I represent that I am over eighteen years of age and that my physical condition and the condition of my equipment is to the best of my knowledge adequate to allow me to participate in NYCC activities. I assume all risks associated with such activities, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and anyone entitled to act on my behalf, waive and release the NYCC, its Board of Directors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in NYCC activities.

NAME _____ SIGNATURE _____

STREET _____ APT _____ PHONE (H) _____

CITY _____ STATE _____ ZIP _____ PHONE (W) _____

DATE _____ AMT. CHECK _____ NEW _____ RENEW _____

CIRCLE IF APPLICABLE: I DO NOT WISH MY (ADDRESS) (PHONE NUMBER) LISTED IN THE ROSTER
PUBLISHED SEMI-ANNUALLY IN THE BULLETIN.

WHERE DID YOU HEAR OF NYCC? _____

OTHER CYCLING MEMBERSHIPS (CIRCLE): AMC AYH LAW TA CRCA CCC OTHER: _____

1989 dues are \$12 per individual, \$15 per couple residing at the same address and receiving one
bulletin. Mail this application with a check made payable to the New York Cycle Club to: New York
Cycle Club, P.O. Box 020877, Brooklyn, New York 11202-0019. Telephone: 212/242-3900